



**Learn to Swim Program
Fall 2024
Season
Course Booklet**



Course Schedules- Fall 2024

Parent and Me:

Saturday:

11:00 AM - 11:45 AM

12:00 PM - 12:45 PM

Sunday:

11:00 AM - 11:45 AM

12:00 PM - 12:45 PM

Beginner 1

Ages 3-5

Monday/Wednesday

4:30 PM - 5:15 PM

Saturday/Sunday:

11:00 AM - 11:45 AM

Beginner 1

Ages 5-8

Monday/Wednesday

4:30 PM - 5:15 PM

Tuesday/Thursday

5:15 PM - 6:00 PM

Saturday/Sunday:

12:00 PM - 12:45 PM

Beginner 1

Ages 9-14

Monday/Wednesday

4:30 PM - 5:15 PM

Tuesday/Thursday

4:30 PM - 5:15 PM

Saturday/Sunday:

12:45 PM - 1:30 PM

Beginner 2

Ages 3-5

Monday/Wednesday

4:30 PM - 5:15 PM

Saturday/Sunday:

11:00 AM - 11:45 AM

Beginner 2

Ages 5-8

Monday/Wednesday

4:30 PM - 5:15 PM

Tuesday/Thursday

5:15 PM - 6:00 PM

Saturday/Sunday:

12:00 PM - 12:45 PM

Course Schedules - Fall 2024

Beginner 2

Ages 9-14

Monday/Wednesday

4:30 PM - 5:15 PM

Tuesday/Thursday

5:15 PM - 6:00 PM

Saturday/Sunday:

12:00 PM - 12:45 PM

12:45 PM - 1:30 PM

Intermediate Wide

Ages 5-8

Tuesday/Thursday

5:15 PM - 6:00 PM

Saturday/Sunday

12:45 PM - 1:30 PM

Intermediate Long

Ages 5-8

Monday/Wednesday

5:15 PM - 6:00 PM

Saturday/Sunday

1:35 PM - 2:20 PM

Intermediate

Ages 9-14

Monday/Wednesday

5:15 PM - 6:00 PM

Saturday/Sunday

1:35 PM - 2:20 PM

Advanced

Ages 5-14

Tuesday/Thursday

5:15 PM - 6:00 PM

Saturday/Sunday:

1:30 PM - 2:15 PM

Swim Team Prep

Ages 5-14

Monday/Wednesday

5:15 PM - 6:00 PM

Saturday/Sunday:

1:35 PM - 2:20 PM



Meet The Instructors

Our Swim Instructors are dedicated to providing the safest and most effective swimming lessons for your children. They have put in tremendous effort to create a secure and enjoyable learning environment, ensuring your child has the best possible experience in the Learn to Swim Program. Below, you can learn more about the instructors who will be guiding and teaching your child throughout the program!

Gennady



Gennady has been a Swim Instructor at Kings Bay Y since 2002, dedicating his life to helping children develop and master the art of swimming. As a motivational teacher, Gennady is passionate about creating a fun and engaging learning environment for all.

Jacob

Jacob has been a swimming instructor for nearly 10 years. A former college swimmer and lifeguard at Coney Island, Jacob understands that swimming, like any skill, requires a tailored approach. He is committed to finding the best method to match your and your child's learning style, ensuring the most effective swimming lessons possible.



Matwii



Matwii has been a swimming instructor at Kings Bay Y since 2023. Swimming has been one of Matwii's passions since childhood, and he competed in school swimming competitions during his teenage years. He believes in creating a fun learning environment and advocates for all children to take swimming classes to develop essential life skills.

Max

Max has been a Swim Instructor at Kings Bay Y since 2020. A lifelong swimmer, Max competed on multiple teams throughout his childhood and adolescence, winning championships for his high school. He is an expert in the Butterfly and Freestyle strokes.



Ari



Ari has been a swim instructor at Kings Bay Y since 2022. As a water polo player representing Y Pro Water Polo Club in regional and national tournaments, Ari brings his passion for the water to his role as a swim instructor. He creates an exciting learning environment and values building personal connections with his students.

Adelya



Adelya has been a swim instructor at Kings Bay Y since 2018. She takes pride in creating a challenging learning environment, encouraging her students to reach their full potential. A former high school swimmer, Adelya won several city-level championships and is a master of the freestyle stroke.

Daniel



Daniel has been an instructor at Kings Bay Y since 2020 and was a competitive swimmer throughout his childhood. He began playing water polo for Y Pro Water Polo Club at the age of 14. Daniel is passionate about creating a fun and exciting learning environment where kids can develop friendships while enhancing their interpersonal skills.

Michael



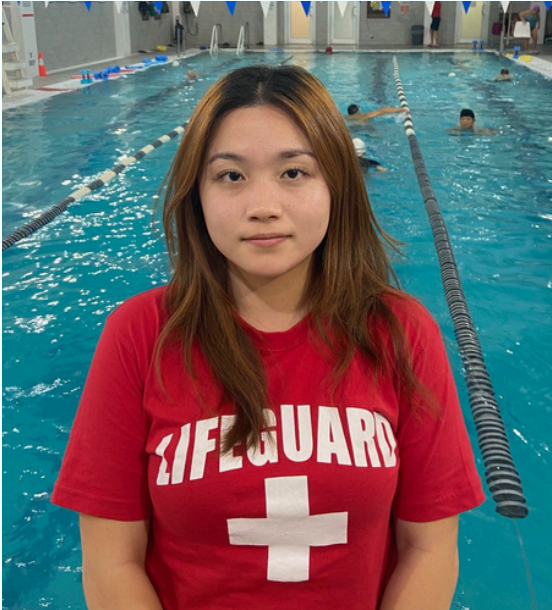
Michael has been a swimming instructor at Kings Bay Y since 2022. During his adolescence, he played for the Y Pro Water Polo Club and competed on his high school swim team. Michael fosters a rigorous learning environment, blending challenges with fun to ensure students feel comfortable and confident in the water.

Mark

Mark is a swim instructor at Kings Bay Y and has been an active water polo player with our Y Pro Water Polo team for the past eight years. Having learned to swim at Kings Bay Y himself, Mark is passionate about teaching children this essential life skill.



Rachel



Rachel joined Kings Bay Y in 2023. As a high school student with a passion for education and working with children, Rachel excels at creating a fun learning environment. She tailors her approach to each student, making her an expert at teaching kids of all ages and skill levels.

Eduard

Eduard has been a Swim Instructor at Kings Bay Y since 2021. As a former competitive water polo player for the Y Pro team, he contributed to multiple championship wins and helped his team reach the top division in the country. Eduard is an expert in Breaststroke and Backstroke.



Parent & Me

The Parent and Me class offers a child's first structured aquatic experience, fostering a special bond between parents and children in the water. This class is designed to introduce your child to the aquatic environment while ensuring comfort and safety. Children will develop essential water-based motor skills such as breath control, kicking, bobbing, and floating, while learning to enjoy being in the water.

Skills & Drills:

- Learning comfort in the water
- An introduction to breath control and breathing patterns
- Submersion in water and combining body movement skills such as kicking, reaching, grabbing, and range of arm movement.





Beginner 1

Ages 3-5

This is our entry-level beginner course that helps students feel comfortable in the water and enjoy the water safety intended for children with limited experience in the water, or those young swimmers who are comfortable in the water but are still unable to swim continuously.

Skills & Drills:

- Blowing bubbles with comfortable submersion
- Head submersion
- Jumping in and climbing out of water
- Back and front float with help
- Freestyle and back kick with help and basics of swimming strokes (freestyle and backstroke with support)

Beginner 1

5-8 & 9-14

This is our entry-level beginner course for older students feel comfortable in the water and enjoy the water safety intended for children with limited experience in the water, or those swimmers who are comfortable in the water but are still unable to swim continuously.

Skills & Drills:

- Freestyle kick with barbell
- Backstroke kick with barbell
- Backstroke Kick with head support

Beginner 2

Ages 3-5

This is the second phase of our entry level course that is intended for children with limited experience in the water, but are more comfortable utilizing their beginner skills. Goals are differentiated from our Beginner 1 level as they progress throughout the semester.

Skills & Drills

- Jumping in and climbing out of water
- Blowing bubbles with comfortable submersion
- Head submersion
- Flutter kick for 15 yards front and back
- Freestyle swim and backstroke swim for 15 yards without support
- Tread water for 15 seconds.

Beginner 2

5-8 & 9-14

This is the second phase of our entry level course that is intended for older children with limited experience in the water, but are more comfortable utilizing their beginner skills. Goals are differentiated from our Beginner 1 and Beginner 2 ages 3-5 as they progress throughout the semester.

Skills & Drills:

- Freestyle kick streamline with instructors assistance
- Backstroke kick with instructors assistance
- Freestyle swim and rhythmic breathing with dumbbell between legs and assistance if needed
- Backstroke swim with dumbbell between legs with assistance
- Jumping

Intermediate Wide (10 yards)

Builds on the skills in the Beginner 2 level by providing additional guided practice while swimming the width of the pool. Students are introduced to the butterfly and breaststroke, as well as advanced swimming drills that enable them to become efficient swimmers. **This class is taught in deep water.**

Skills & Drills

- Learning to flutter kick front and back in the proper streamlined position
- Dolphin kick, tread water for 1 minute
- Front dive, freestyle, backstroke, and breaststroke swimming for a length of 30 yards

***Participants must have the teacher's recommendation to enroll.**

Intermediate Long (25 yards)

Skills & Drills

- Freestyle Kick
- Single Arm Dumbbell Freestyle Breath Every Stroke
- Butterfly Kick with Board
- Butterfly Arms with Freestyle Kick (Rotating Shoulders)
- Backstroke

***Participants must have the teacher's recommendation to enroll.**

Advanced

All competitive strokes (freestyle, backstroke, breaststroke, and butterfly) are refined in this advanced-level class. With a focus on flip-turns and swimming for greater distances in deep water, the advanced student becomes an accomplished swimmer.

Skills & Drills:

Breaststroke Kick (Board)
Breaststroke Arms, Freestyle Kick
Breaststroke
Catch Up Drill Freestyle
Freestyle
Butterfly Kick (Board)
Reverse Breaststroke On Back

Swim Team Prep

Our highest level class provides a team-like training atmosphere for swimmers who want to practice frequently. Swimmers gain quality endurance training and improve fitness to an optimum level. They will refine stroke techniques and learn competitive skills such as pace-clock orientation. This class will prepare swimmers to join any swim team and become a stronger and faster swimmer.

Skills & Drills:

200 Meter Warm Ups
Butterfly Kick (Board)
Reverse Butterfly (On Back)
Reverse Breaststroke (On Back)
Freestyle
1,1,2 Butterfly
Racing and Diving

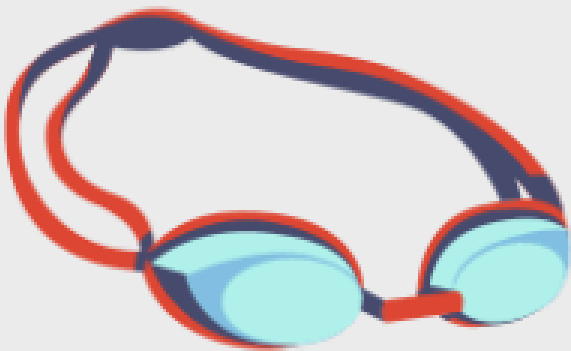
LEARN TO SWIM IMPORTANT NOTICE

Dear Parents,



Please note that lesson 9
for **ALL** Learn to Swim
courses will be an
examination/test day in
order to evaluate your
child's progress
throughout the course.

Thank you!



visit kingsbayy.org for more info



Frequently Asked Questions

Where is my child's class located?

All classes are held in the Kings Bay Y building. Please bring your receipt or membership card. From there you'll be directed to the locker rooms.

What do I need to bring to the swimming lesson?

Your child will need a bathing suit, swim cap, towel and lock. A swim diaper is mandatory for Parent and Me classes.

How should I prepare my child for the lesson?

Each swimmer must take a shower before entering the pool. Entrance is from locker rooms only. Please do not change your child's clothing on the pool deck. Your child should be in the waiting area by the pool until the instructor indicates start of class.

Where can I keep my belongings during the lesson?

The locker rooms are available for use during lesson only. Please bring your own lock. Children of the opposite gender over 5 years old are not allowed in the locker room. The family changing room is available for use by the pool area.

What is your student to teacher ratio ?

1:4 for the 3-5 age group; 1:5 for beginners ages 5-14, and 1:7 for all other groups and levels.

What is your make-up policy?

Participants are allowed TWO make-up classes within the current semester. All make-up classes require a doctor's note, unless approved by administration.

What is your observation policy?

You can watch your child learn to swim from the balcony on the second floor. No parents will be allowed on the pool deck once the lesson begins. Parents must exit the pool deck through the emergency side door.

How warm is the pool?

Our pool is kept between 82-84 degrees

Frequently Asked Questions

When are classes typically offered?

We run a semester-based program and hold classes in the fall, winter, spring, and summer seasons.

How big is the pool?

All of our LTS participants get to utilize our junior Olympic size swimming pool which is 25 yards in length.

How often is the pool cleaned?

Our filters run 24 hours per day, 7 days per week. During each 24 hour cycle the pool is cleaned 4 times, once every 6 hours. The pool is super chlorinated one time per week; chlorine levels and temperature are electronically controlled and monitored.

Do you offer swimming lessons for students with special needs or disabilities?

Yes! We encourage you to book private swimming lessons for a more individualized experience. Please note that private lessons are dependent on the instructors availability.

Can I have my child participate in a trial lesson before we register?

At this time, we are not able to offer any trial lessons due to limited staff and the scheduling of the pool.

How do I know what swim level my child should begin with?

Please refer to the parent booklet, which offers descriptions of the skills that are aligned with each level. If your child has little to no experience in the water, they will most likely be placed in our Beginner 1 course.

How can I track my child's progress?

Swim tests will be conducted on the 9th lesson of each semester. Upon completion of the swim test, the instructor will report on whether or not your child is ready for the next level.

How do I know when to register?

Registration typically opens up about a month prior to the start of the new semester. Please follow along with our website for upcoming registration dates!

Is purchasing an ID card mandatory for my child's classes?

They are not mandatory, but are recommended. You're more than welcome to purchase one at the front office or add it to your purchase when registering online.

Do you offer discounted prices for current Kings Bay Y Members?

Members receive \$5 off of each class.

What is the duration of each lesson?

All of our LTS classes run for 45 minutes.

Frequently Asked Questions

Do you sell swim accessories on site?

Yes. We sell swimming caps and goggles for \$7 per item. Please stop by our front office or add them on to your purchase when registering online.

What languages do our instructors speak?

All lifeguards and instructors speak English. Many of them speak Russian as well.

What forms need to be filled out during the registration process?

The application and LTS contract need to be completed in order to proceed with enrollment.

Can I register for more than one class time?

You're more than welcome to sign up for more than one class. Please add each day and time you would like when registering online.

Are shoes required by the pool?

They are not required, but we recommend that every student has a pair of reliable water shoes.

Can my child use the steam room and the sauna?

As per department of health guidelines no one under the age of 16 years old is allowed in the sauna or steam room.